Losing My Way

How Cancer Unraveled My Reality

My songs were borne on the wings of cancer. Life is not simple. Life makes us make hard decisions that shape our lives in ways we often can't comprehend during the time we are making them.

I've always known this was true but just the same, I've also cheated the truth on a regular basis. Only by being adept at changing my reality, fast, have I been able to compensate for those bad choices. Decisions on work, healthcare, and what I choose to believe have all shaped me into who I am today, but they have also taught me some very hard lessons.

Sometimes these things happen in a big way, sometimes small, but they happen to us humans all the time. For me, cancer has been one of the super whopper biggies no one wants to encounter and while in the case of cancer my decisions (when I sought help, how I sought help, not checking on health insurance) did not really affect the outcome of the cancer, but did destroy our resulting financials.

I particularly like the line in one of my songs where I say I "used to think I could spin on a dime." That refers directly to my patent ability to roll with the punches and pull a new rabbit out of the hat when I needed one. Jobs, life, you name it.

With my first cancer, this all changed. I couldn't get around without a walker or wheelchair and I sure as hell couldn't spin on a dime. For the first time in my life I was in complete lack of control of virtually every aspect of my life with no ability to change even the smallest part of it.

That was the most brutal part of my fight against cancer, the total loss of control and loss of functional capability. In many ways it felt as if I had died, and when I'm honest with myself I must admit, I am not at all the same person that I was before cancer happened.

The list of changes fills pages, the list of things that have stayed the same would fit on one napkin with room to spare.

It has required a lot of adaptation on my part, a lot, but instead of spinning on a dime all my battles are now fought over extended periods of time. Nothing spins, I just work through them as best as I can, all things considered!

Yet I'm pleased to share that things have improved since I wrote this song. I have made some more bad decisions, and I've made some very good ones. The good ones have kept me alive and I have been able to regain some mental and physical function because of them.

Certainly one of my very best decisions was to take up playing music. I did not play before cancer in 2018. Learning to play the guitar and writing my own songs has been the most powerful tool I have in my bag of cancer fighting weapons, which is why my music is included here because it is an integral part of my story.